# DAVIS AND HAMM TAKE THEIR BOWS

THE DUO BOTH HAD BIG NIGHTS AT THE EMMYS. PAGE 17

metro
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Monday, September 21, 2015 www.metro.us | t: MetroNewYork | f: MetroNewYo

# Big Blew it again

**NFL.** The Giants again struggled in the fourth quarter and the Falcons took advantage Sunday at MetLife Stadium. Big Blue lost, 24-20, and fell to 0-2. PAGE 30

Eli Manning and the Giants offense failed to score in the fourth quarter Sunday against Atlanta. / GETTY IMAGES

## MTA adds trains for Pope Francis visit

PAGE 02

## Colin Hanks is keeping it comedic this fall

PAGE 19

## Johnny Depp is some kind of monster

PAGE 20

1

NEWS

Top 3

## *The best of Metro.us*

1 'Road closures for Papal visit announced"

2 'PHOTOS: The food, bands, crowds (and snakes) at Mt. Airy Street Fair'

3 'Outspoken Demario Davis drops to one knee when players get hurt'

On the go

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Pope Francis arrives to perform Mass in Revolution Square in Havana, Cuba. / GETTY IMAGES

# Extra trains for Pope Francis visit

**Papal visit.** Straphangers can expect expanded service this week.

The Metropolitan Transportation Authority will step up trains and subways as streets around the city will be closed during both the papal visit and the United Nations General Assembly soon after.

MTA officials recommended New Yorkers and visitors stick to the subways as traffic congestion will follow the pope throughout his trek as he travels between East Harlem, Midtown and Lower Manhattan.

The transit agency also plans to deploy more workers to stations near Pope Francis' scheduled stops at: St. Patrick's on Thursday; Upper East Side, East Harlem and the World Trade Center on Friday; and both Central Park and Madison Square Garden on Saturday.

The state agency warned security concerns during the Mass might force them to close individual staircases at Penn Station, which will otherwise stay open during the religious service.

LIRR riders can count on eight extra westbound trains into Penn Station on Friday:

- three on the Babylon Branch leaving Babylon at 12:20 p.m., 12:43 p.m. and 1:20 p.m.
- two on the Port Jefferson Branch leaving Huntington at 12:19 p.m. and 1:19 p.m.
- one on the Port Jefferson Branch leaving Hicksville at 1:07 p.m.
- and two on the Ronkonkoma Branch leaving Ronkonkoma at 12:40 p.m. and 1:40 p.m.

Metro-North will also offer more train service and have more crew personnel on hand at Grand Central Terminal. Trains will run on a normal schedule until Friday, when it will operate three additional inbound trains scheduled to:

- leave Poughkeepsie on the Hudson Line at 10:37 a.m.
- leave Southeast on the Harlem Line at 10:08 a.m.
- and leave Fairfield Metro on the New Haven Line at 11 a.m.

Up-to-date information on potential MTA service changes can be found at MTA.info.

Folks coming across the Hudson can also expect a few changes on Friday. PATH riders will see additional service on the Journal Square to 33rd Street and Hoboken to 33rd Street lines.

The World Trade Center PATH station will still be accessible via the Vesey Street or West Concourse entrances.

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Preparations

## De Blasio: NYC ready for pope

With less than three days until Pope Francis arrives in New York City, Mayor Bill de Blasio held fast that the city is prepared for the three-day visit. Pope Francis' first visit to the city coincides with dignitaries from around the world coming into the city for the United Nations General Assembly — including President Barack Obama.

"We have ... over 170 world leaders and His Holiness," de Blasio said on ABC News' "This Week" with host George Stephanopoulos. "Never happened before at the same time, but the NYPD is absolutely ready."

In a pretaped interview, NYPD Commissioner Bill Bratton also told ABC there were "no specifically identified threats directed against any of these events" as of late last week.

De Blasio said he was excited to see Pope Francis' potential influence on the national discourse, given his positions on income inequality.

"I think it's going to be one of those moments that we look back on and say this is a moment where American society and politics started to change," the mayor said.

Welcome, Francis!

"It's a wonderful and great thing [the Pope coming to NYC]. I like that he is a pope of the people, a pope of this age. He embodies what the Catholic faith is about."

Loretta Haddad, 60, Tallahassee, Florida

"It's fantastic and great to have this new leadership. His views are very progressive and it's great that he is coming here. He is reorienting the church. Latin-Americans are one of the biggest ethnicities in the country and he represents them. He knows where he wants the church to go and he's more understanding."

David Chery, 33, Financial District

"I'm very excited, especially because I'm from Argentina. The Argentine community here is extremely happy that the pope can visit us and we wish we could see him and wave at him and welcome him."

Natalia Valencia, 40, Financial District

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## MACY'S PRESENTS

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**SEP 24**

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# African-American pride on parade

**Thousands marched up Adam Clayton Powell Boulevard yesterday in the 46th Annual African-American Pride Parade. Dignitaries included state Sen. Bill Perkins, Assemblyman Keith Wright, Borough President Gail Brewer and Mayor Bill de Blasio and Gov. Andrew Cuomo, who spoke at the parade breakfast.**

ALL PHOTOS BY HANNAH MATTIX

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Shooter still on the loose

## 3 men killed in Fort Greene shooting

Three men, including a 76-year-old man, were killed in a shootout early Sunday morning, police said.

Police believe the shooter, caught on surveillance video, to still be on the loose by Sunday evening.

It's unclear what led up to the shooting at around 1:30 a.m. at the Ingersoll Houses in Fort Greene that left the three men dead.

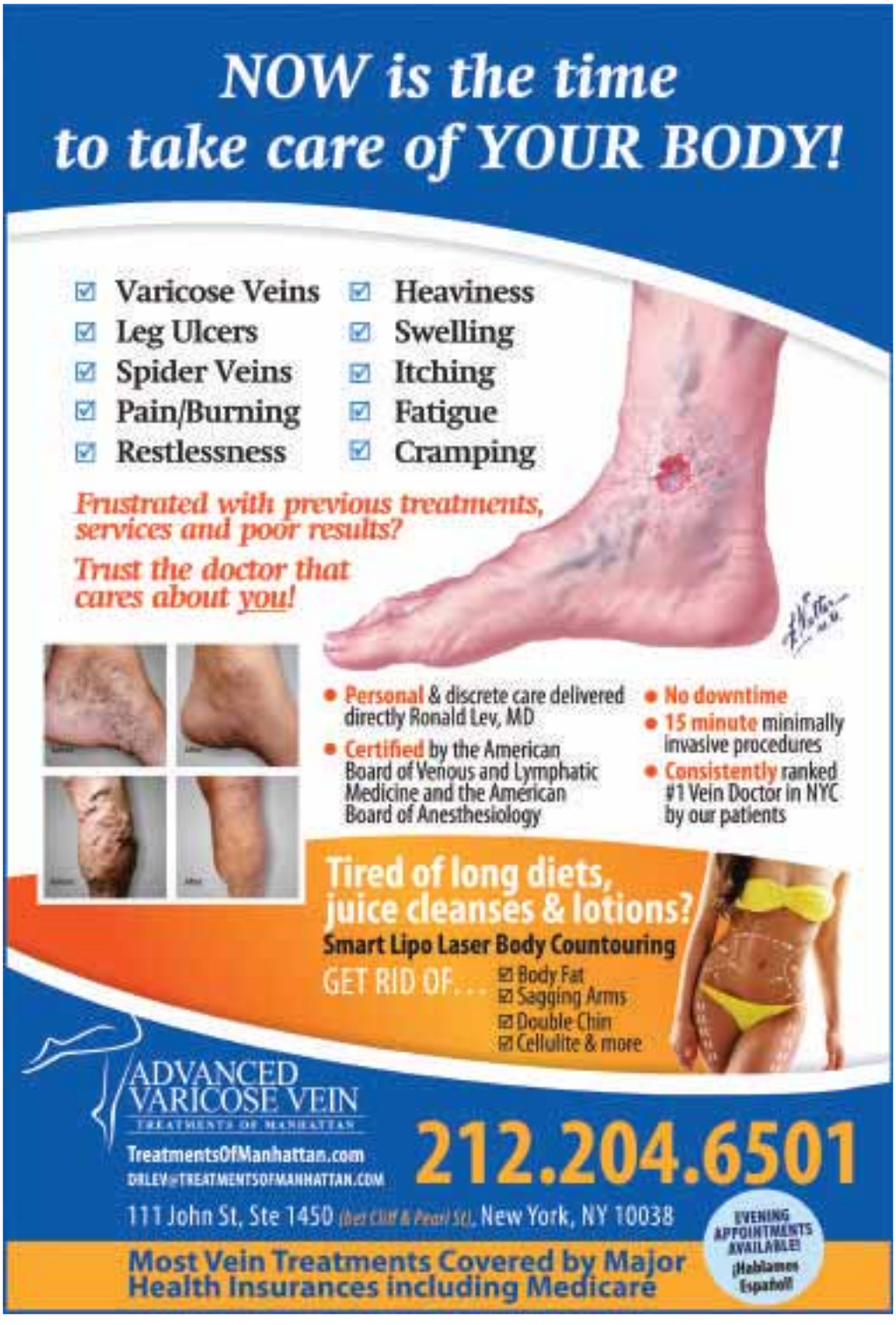
Cops arrived at 58 Fleet Walk after reports of shots fired, where they discovered Calvin Clinkscales, 43, of Queens on the floor and shot in the head.

Near Clinkscales' body was Lacount Simmons, 39. A resident of Ingersoll Houses, Simmons was also found with a gunshot wound to his head.

Authorities said Herbert Brown, 76, was also found bleeding at the scene, but from a gunshot to his abdomen.
Both Clinkscales and Simmons were pronounced dead at the scene.

Paramedics soon arrived and rushed Brown — who also lived at Ingersoll Houses — to Methodist Hospital, where police said he died soon after.

Grainy surveillance video shows the suspect standing in front of a row of bins before he walked toward another person, after which various people scattered from the location. CHESTER SORIA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A furry friend hangs out at Adoptapalooza, a pet adoption event, in Union Square. / ALL PHOTOS HANNAH MATTIX

# Pets seek owners at Adoptapalooza

**Pets.** Almost 29,000 animals wind up in NYC shelters each year.

Dogs, cats and rabbits were the stars of Sunday's Mayor's Animal Alliance Adoptapalooza event at Union Square Park.

Many were hoping to charm potential adopters and find a home.

"It's a great event to be outside, and what we really need is people to come out and adopt," said Jane Hoffman," president of the Mayor's Animal Alliance. "We have so many animals coming into our shelters and rescue groups, and we really need New Yorkers to step up."

It turns out many did: There were almost 300 adoptions, according to the organization.

Nearly 29,000 animals enter shelters every year in New York City. About 7.6 million pets are placed animal shelters nationwide, according to data from the American Society for the Prevention of Cruelty to Animals (ASPCA).

Unfortunately, thousands of them are pit bulls that, because of perceptions of viciousness, are not wanted in many housing developments throughout

the city.

"There's this thought that they are somehow bad dogs and dangerous dogs, and in fact they're not," Hoffman said. "It depends on who raises them. And, also, all dogs need training. It's a misguided restriction, I think. It should be the deed, not the breed."

She added that when adopting a pet, people should not choose based on looks, but instead find a pet that fits their lifestyle and can meet the adopter's expectations so it can remain in their home.

This is the second Adoptapalooza of the year. Dozens of rescue organizations and animal shelters throughout the city were present.

The NYC Department of Health was also in attendance for pet owners who wanted to license their dogs, as the law requires. About 60 dogs became licensed at the event, the organizers said.

In addition, the Office of Emergency Management encouraged pet owners to microchip their four-legged companions. They offered to do so for a small fee, although the first 50 were free at Sunday's event.

"This is really great to learn about the different groups and get a sense of what they do," said Leslie Kroupa, 35, a potential dog adopter. "It's a good way to educate people."

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No arrests

## Bloody Saturday night leaves 3 dead in unrelated shootings

Saturday night was a bloody one across three boroughs as police continue to investigate three unrelated deadly shootings within hours of each other.

Cops first responded to a 911 call of a shooting in Flatbush in front of a laundromat along Church Avenue.

Authorities arrived around 5:40 p.m. to find Julio Yasser, 36, from Queens, with a gunshot wound to his torso.

Paramedics arrived and rushed Yasser to Kings County Hospital, where doctors declared him dead soon after.

Less than three hours later and a few miles away, NYPD pulled up to East Tremont Avenue near Clinton Avenue to find a man and woman each shot in their torsos.

Both were rushed by paramedics to St. Barnabas Hospital, where the woman was last listed in critical condition.

The man, identified by police as Nestor Suazo, 35, died at the hospital.

Meanwhile, investigators arrived at East Harlem at around 10:30 p.m. after reports of a man shot at East 115 Street and First Avenue.

Kevin Brye, 34, was found bleeding from a gunshot wound to his head. Emergency workers took him to Metropolitan Hospital Center, where doctors declared him dead.

NYPD declared all three shootings open investigations and said no one had been arrested for any of the incidents by Sunday morning.

CHESTER SORIA

K2 crisis

## Schumer urges DEA to track, block K2 sales online

Sen. Chuck Schumer wants the federal Drug Enforcement Agency to crack down on online sales of synthetic marijuana.

On Sunday, Schumer announced he would push the DEA to create a special investigative unit focused on tracking websites that sell the products, commonly referred to as K2, and notify credit card companies to block sales. "Synthetic drug use is on the rise," Schumer told reporters. "It's hurting our young people, increasing crime and hurting vulnerable communities in New York City."

Last week, Mayor Bill de Blasio announced a multiagency strategy to end the sale and use of K2 following a drug bust that recovered $30 million worth of the substance and raided some 90 bodegas citywide.

Since January, the city Health Department said it recorded more than 3,000 K2-related emergency room visits.

The problem has hit East Harlem particularly hard, the department previously reported.

Schumer told reporters on Sunday many of the debits selling the drugs and chemicals necessary to produce K2 come from China.

"The high is cheap, the cost is low," Schumer warned, "and the consequences are deadly."

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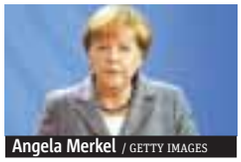
# Divided. Refugee crisis to test EU leaders at emergency summit


Angela Merkel / GETTY IMAGES

Bitterly divided European leaders will seek to find a credible response to the continent's worst migration crisis since World War II at an emergency summit next week.

German chancellor Angela Merkel called on her peers on Sunday to accept joint responsibility.

"Germany is willing to help. But it is not just a German challenge, but one for all of Europe," Merkel told a gathering of trade unionists. "Europe must act together and take on responsibility. Germany can't shoulder this task alone."

Striking a more skeptical tone on migration than in previous weeks, Merkel also warned that Germany could not shelter those who were moving for economic reasons rather than to flee war or persecution.

"We are a big country. We are a strong country. But to make out as if we alone can solve all the social problems of the world would not be realistic," she told a gathering of the Verdi trade union.

European Council President Donald Tusk, who chairs European Union summits, said on Twitter on Sunday following a weekend visit to Jordan and Egypt that the EU needed to help Syrian refugees find a better life closer at home.

That will be one of the topics of discussion for Wednesday's summit as hundreds of thousands of refugees and migrants brave the seas and trek across the impoverished Balkan peninsula to reach more affluent countries in northern Europe. REUTERS

# Pope meets Fidel, warns against ideology on Cuba trip

**Pope and Castro.** They discussed religion and world affairs at the home of the retired president for about 40 minutes.

Pope Francis performs Mass in Revolution Square in Havana, Cuba. / GETTY IMAGES

Pope Francis met Cuba's revolutionary leader Fidel Castro on Sunday hours after warning Cubans to beware the dangers of ideology and the lure of selfishness as their country enters a new era of closer ties with the United States.

Vatican spokesman Father Federico Lombardi said the meeting, which included Castro's wife and other family members, was "very relaxed, fraternal and friendly."

Francis gave Castro several of his official papal writings, two books on spirituality and a book and CD on the writings of Father Armando Llorente, a priest who taught Castro in Jesuit prep school more than 70 years ago.

Castro gave him a copy of "Fidel and Religion," a 1985 book of interviews with a Brazilian priest which lifted a taboo on speaking about religion in Cuba, then officially atheist.

Francis met Castro, who built a one-party state that improved health and education services for Cubans but also limits democratic freedoms and represses dissent, after celebrating Mass in Havana's Revolution Square.

There, he spoke beneath massive portraits of revolutionary leaders Ernesto "Che" Guevara and Camilo Cienfuegos built into the facades of state buildings. REUTERS

# Painful Varicose Veins & Swollen Legs?

Varicose veins are more than a cosmetic problem. They may lead to complications such as Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE), both of which claim up to **300,000** lives a year in the US.

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# White House confirms. US citizens released from Yemen

Oman's Sultan Qaboos bin Said Al Said
GETTY IMAGES

Two U.S. citizens held in Yemen have been freed and have arrived in Oman, the White House said on Sunday, following reports Yemen's Houthi group had released three Westerners it held for months, including two from the United States and one from Britain.

Their release was arranged with the help of Oman's Sultan Qaboos bin Said Al Said, a spokesman for the National Security Council said in a statement, which also urged immediate resumption of peace talks aimed at ending fighting in Yemen.

The two freed U.S. citizens are Scott Darden, 45, an employee of a Louisiana-based logistics company, and Sam Farran, 54, a security consultant from Michigan, according to the Washington Post. It also reported that a third American, a 35-year-old convert to Islam, was still being held for reasons that were unclear.

The three freed men were flown to Muscat, Oman's capital.

Darden had been helping oversee the transport of humanitarian supplies in Yemen for New Orleans-based Transoceanic Development, which confirmed his release.

Darden's mother, Pat Darden of Atlanta, referred questions to a family spokesman, but said: ""We have grateful hearts," she said, adding that today is her birthday.

"It was a great birthday gift," she said.

REUTERS

**Quoted**

**"It's official my husband has finally been freed [from] Yemen and he's on his way to Muscat!!!"**

**Diana Loesch,** Darden's wife, posted on Facebook

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**Date:** Thursday, September 24, 6:00pm – 7:30pm.

**Presenter:** Stacy Loeb, MD.

**Location:** NYU Langone Medical Center.
550 First Avenue. Alumni Hall A.

SOMEONE YOU LOVE: THE HPV EPIDEMIC – FILM SCREENING.

Narrated by Vanessa Williams, this documentary looks at the lives of five women affected by human papillomavirus (HPV), the widely misunderstood and controversial virus that causes several types of cancer, including cervical cancer. Each of these women has an intimate story to tell. After the screening, join us for a panel discussion on the HPV epidemic with NYU Langone experts.

**Date:** Wednesday, September 30, 6:00pm – 8:00pm.

**Panelists:** Stephanie Blank, MD; Leslie Boyd, MD; Veronica Lerner, MD, FACOG.

**Location:** NYU Langone Medical Center.
550 First Avenue. Smilow 1st Floor. Seminar Room.

These lectures are free and open to the public, but you must RSVP. To attend, call **212.263.2266** or visit **nyulangone.org/cancerrsvp**. View past lectures at youtube.com/nyulmc.

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# Five things you need to know

## 1 Republican candidate Carson says Muslims unfit to be US president

Republican presidential candidate Ben Carson on Sunday said Muslims were unfit to be president of the United States, arguing their faith was inconsistent with American principles.

"I would not advocate that we put a Muslim in charge of this nation. I absolutely would not agree with that," Carson told NBC's "Meet the Press."

The remarks by Carson, who is near the top of opinion polls for the crowded field of Republican candidates, followed a controversy that erupted when front-runner Donald Trump declined to challenge anti-Muslim comments made by a supporter on Friday.

Carson, a Christian who says he got a core idea for his tax proposals from the Bible, said he thought a U.S. president's faith should be "consistent with the Constitution."

Asked if he thought Islam met this bar, the retired neurosurgeon said: "No, I do not."

America's largest Muslim civil rights group condemned Carson for his statement, which it said should disqualify him from the presidential contest because the U.S. Constitution forbids religious tests for holding public office.

"It's beyond the pale and he should withdraw," said Council on American-Islamic Relations spokesman Ibrahim Hooper. **REUTERS**

CARSON
GETTY IMAGES

## 2 Thousands of evacuees head home as California blazes near containment

More than 1,000 people who were forced to evacuate from areas of Northern California affected by a deadly wildfire that has destroyed nearly 900 residences will be allowed to return home on Sunday, officials said.

Authorities said they will allow residents to go back to Hidden Valley Lake, one of the largest areas ravaged by the so-called Valley Fire since it began a week ago. On Saturday, officials allowed another 1,300 people to return to nearby Middletown. **REUTERS**

## 3 Kerry says US ready to take more refugees

The United States will take in 15,000 more refugees from around the world next year, increasing the current level to 85,000, and to 100,000 in 2017, Secretary of State John Kerry said after talks with his German counterpart.

The remarks may show an increasing willingness of the United States to help cope with the mass migration of Syrians although the offer is modest when compared with the hundreds of thousands that are moving alone to Europe and in particular, Germany.

Kerry did not say how many of the additional refugees would be from Syria but pledged that the U.S. was ready to help. **REUTERS**

## 4 Three girls injured when boat explodes in Maryland

Three girls were injured on Saturday when the boat they were on exploded in southern Maryland, authorities said.

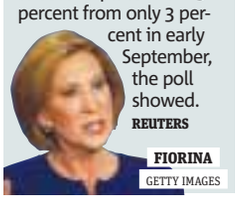
The three unidentified girls were airlifted to a hospital in Washington D.C. with burns after the incident in Calvert County, the Maryland Natural Resources Police said on Twitter.

The Washington Post reported that the three girls, ages 3, 8 and 9, were on a 20-foot Wellcraft recreational boat with their parents when it caught fire and exploded after launching on Mill Creek at 11:30 a.m. local time. **REUTERS**

## 5 Trump down but still No. 1 in GOP race, Fiorina at No. 2

Billionaire Donald Trump remains in first place in the race to win the Republican presidential nomination for 2016, but his support has fallen to 24 percent from 32 percent previously, a CNN/ORC poll released on Sunday shows.

Former Hewlett-Packard chief executive Carly Fiorina, considered to have performed well in a CNN-sponsored debate of Republican candidates on Wednesday, shot up to second place with 15 percent from only 3 percent in early September, the poll showed. **REUTERS**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# "Fraction Of An Inch" Success And Failure With Popular

## Vital Information All Knee Arthritis Sufferers

*By Matt Edgar-Health Writer*

**Manhattan** - In just a moment I'm going to tell you about a very "candid" and somewhat embarrassing moment I had with a doctor.

A moment most doctors would not want you to know about.

As I reveal what happened in that moment - it will become clear to you not only why this doctor has so much success treating knee arthritis pain... but you will also discover a possible way to relieve some or all of your pain, too.

**But before I tell you all that - let me ask you this:** How would you like to finally have a real medical solution for your knee arthritis pain?

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How relieved would you be if you felt so much better that you no longer needed to go through total knee replacement surgery and all the grueling rehabilitation?

### Sounds Too Good To Be True?

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from ***real medical treatments.***

That's also why no ethical doctor would promise or guarantee ANY results... for ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: "cure for knee arthritis" or "eliminates all pain" or "works for everyone" you should run like heck.

**But the fact of the matter is:** If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

**And even better** - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

### Here's The Treatment And The Embarrassing Moment

The treatment is called viscosupplemtation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a "must read."

**Here is why:** When you have arthritis, one of the things that happens is the lubricating fluid in your joints deceases. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating way at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically . Treatment with this special lubricating gel is called

## Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City

**Nothing Spreads The Word Like Caring Doctors and Results -** Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Norhtern New j Jersey ever since word got out of their advanced medical procedure for knee arthritis

*Viscosupplementation.*

This all sounds great - in theory. But there is a BIG problem with this treatment.

### Allow Me To Explain...

While doing research on this treatment, I traveled to amedical clinic in New York City, This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who ranted and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplemtation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

### "All Doctors Are Human And Sometimes They Mess Up"

I discovered that this treatment must be VERY PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space -
or the treatment will be rendered useless.

**Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.**

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

### Technology To The Rescue

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.

# The Difference Between Knee Arthritis Treatment?

## Should Know... *That Might Be Keeping You In Pain*

**Here's something incredible:** I was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... ***but the imaging proved him wrong.***

I was amazed how only a ***fraction of an inch*** would make the difference **between** success and failure.

**The best thing is:** When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

### "Double Confirmation" For Best Results

That's why the doctors at this clinic have taken it one giant step further to give their patients the best. They do not just use one form of confirmation during treatment - they use two in their **"double confirmation"** process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and "double confirmation" process just might be why the doctors at this medical clinic get results when others were not.

### What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

### Who Is This For?

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has a an innovation for you...

### Your Invitation

OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call **800-227-KNEE (5633)** and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

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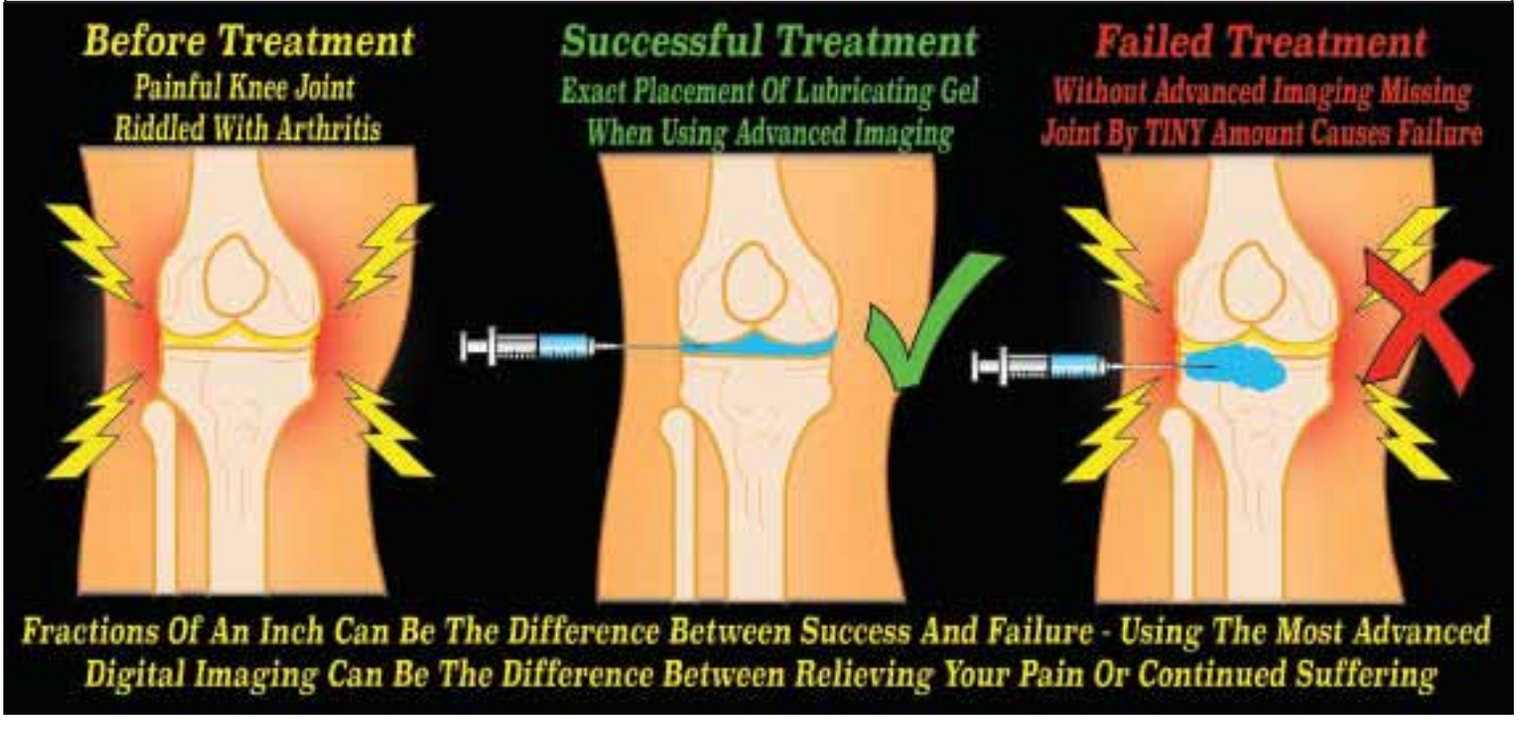
**Why A Fraction Of An Inch Can Be The Difference:** **Advanced imaging is used to "double confirm" placement of lubricating gel on the surface of the arthritic joint - giving the best possible chance to**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Exact Placement Of Lubricating Gel
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# Printable pizza pie. Taiwanese firm's 3-D printer makes custom pizzas, cakes and other foods

A Taiwanese firm called XYZ can now create a variety of foods by layering ingredients before baking them in an oven. According to a piece in the Daily Mail Online, the list is growing of all the foods that can be 3-D printed, the most popular recent addition being customized pizzas.

"The printer can currently accommodate up to three tubes of printing ingredients — for example, a cookie dough-like mixture, chocolate for decorating biscuits, or dough, tomato sauce and cheese to form a pizza," an XYZ spokesman told the Daily Mail Online, which also reported that the XYZ 3-D Food Printer lets users choose from predesigned pizzas or upload their own files, customized to their specific tastes via a touchscreen interface.

The Daily Mail reported that it could be a precursor to creating "Star Trek"'s food replicator, which can create any edible at the touch of a button.

"A batch of biscuits currently takes 10 to 15 minutes in the printer, with 10 minutes baking time," the spokesman said in the report.

It may take years for such 3-D printers to be in every kitchen, but the prospect of them appearing as kitchen appliances in Asia may be a reality in the near future, the Daily Mail claimed in the article, which also stated that the main barrier is licensing agreements with food ingredient companies.

Large-scale bakeries are expected to utilize such technology before private citizens catch on. The XYZ printer is a concept prototype, but a consumer version is predicted to cost around $2,035.

The future is here, and it's delicious. / GETTY IMAGES

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# Viola Davis made history

**Emmys.** It was a big night for people winning Emmys for the first time ever.

Viola Davis made sure to make the most of her historic victory. / GETTY IMAGES

Viola Davis had a huge moment at the Emmys last night by becoming the first African-American woman to win an Emmy for best actress in a leading role on a drama. She gave a powerful speech, with an eloquent quote from Harriet Tubman, and saying, "The only thing that separates women of color from anyone else is opportunity."

There were more big moments to come. For one thing, Jon Hamm had a victory at last. After years of nominations, Hamm finally took home a best actor award for his work on "Mad Men" in its last year. He gave a brief speech, thanking family members, the network and the fans of the show, before stepping off. To finish things off, Tracy Morgan unexpectedly appeared to present the best drama award (to "Game of Thrones"), earning a standing ovation.

Andy Samberg broke into his Emmy-hosting gig with a long number about the sheer quantity of scripted programming to watch in a pretaped bit. When a cameo-heavy dinner party made it clear how many shows he still hadn't seen, he ran into an underground bunker to watch every show he could. The people who saw him emerge at the end (Jon Hamm, Kerry Washington) were more horrified at how he smelled after a year without showering than impressed with his TV watching.

The first award of the night went to Allison Janney, for best supporting actress in a comedy, which was her seventh acting victory. She thanked Chuck Lorre, creator of her show "Mom," for creating such a "flawed character, and immediately thinking of me to play her." Though she started out with jokes, tossing a makeup blotter away onstage, she ended on a more serious note by saying how glad she was that her show offered a vision of hope to people suffering from addiction.

The night also featured some big winners for the Amazon show "Transparent," which took home both a directing award for creator Jill Soloway and a best actor award for Jeffrey Tambor. Both of them used the opportunity to speak up for the trans community, with Soloway pointing out that her parent could legally be turned down for renting an apartment in 32 states just for being trans. Tambor, when his moment came up, dedicated the award to the transgender community and thanked them for their patience, courage and stories.

One person who sadly went home empty-handed was Amy Poehler, who didn't end up winning in her final year for "Parks and Recreation." Instead, the award went to Julia Louis-Dreyfus for the fourth year in a row for "Veep." Louis-Dreyfus looked honestly flustered, and jokingly pretended to quote from her own show, only to reveal that "what a great honor it must be for you to honor me tonight" was actually a Donald Trump quote. "Veep" also won the award for best comedy series.

"Game of Thrones" continued its reign, winning writing, directing and best drama awards, as well as a nod for Peter Dinklage's acting on the show. He credited the show's writers and George R.R. Martin for giving him good material, as well as co-star Lena Headey for providing inspiration as a scene partner.

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## Red-carpet standouts at the Emmys

TARAJI P. HENSON IN ALEXANDER WANG

CLAIRE DANES IN PRADA

SARAH HYLAND IN ZAC POSEN

SARAH PAULSON IN PRABAL GURUNG

LAVERNE COX IN CALVIN KLEIN COLLECTION

# 1 'Fifty Shades of Grey' ruining Dakota Johnson's love life

"Hey, where are you going?" / ALL PHOTOS GETTY IMAGES

It's hard out there for an actress starring in an awkward BDSM blockbuster franchise, yo. The latest life hurdle facing "Fifty Shades of Grey" star Dakota Johnson? The film series is kind of interfering with her game. When asked by Ellen DeGeneres if people are more attracted to her or scared of her because of the film, Johnson responds, "If those are the two options, I guess they're scared of me. They either love me or they're running for the hills. Mostly running for the hills." (Side note: What is it about those hills that make for such a preferred escape route?)

And if that's not bad enough, Johnson also has to deal with the fact that everyone's a critic, and even the briefest encounter can lead to some unsolicited thoughts on the sure-to-be-Razzie-nominated film. "Sometimes people just say things that are a little bit awkward," she says. "Like, I was in a cab recently and the driver was like, 'My wife and I, we saw your film. We really liked it.' And he goes, 'I thought there could be more sex.'" Putting that on my tombstone.

## THE WORD

Ned Ehrbar takes on the world of gossip.

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# 2 Evan Rachel Wood: Bisexuals exist

Hey, happy Bisexual Awareness Week! Which is now, in case you weren't aware — which would be ironic. And just in case you weren't aware, Evan Rachel Wood is doing what she can to increase bi visibility, including a lengthy series of tweets about her own experiences being bisexual. "The reality is that bisexual people face discrimination not only outside of our community, but also from within. And that can discourage them from engaging in and benefiting from the work that LGBT advocates are doing to address our mental, physical and sexual health," Wood posted, quoting a Human Rights Campaign study.

She was even more direct in discussing her own experiences: "I can assure you that whatever 'straight privilege' I sometimes get accused of having gets erased by biphobia," she tweeted. "I still feel like we have to constantly prove ourselves and our worthiness within the community. Point being, it's OK. We do exist. Don't let anyone make you feel unworthy."

Show some respect, OK?

**Daily video**

@FUNNYORDIE / YOUTUBE

## 'Walk of No Shame' with Amber Rose

Here's a little morning pick-me-up: Amber Rose teams with Funny or Die for this delightful look at what the infamous walk of shame should more resemble. Rose struts through a cheery, sunny, 1950s-style suburban neighborhood in last night's going-out gear, pink stilettos in hand, as the kindly residents around her commend her "living your best life." As a burly construction worker puts it, "It looks like you enjoyed yourself last night. I think we can all agree, having sex is fun." Just watch out for the NSFW mouth on that little kid having a picnic.

# 3 Drunk HSN Jessica Simpson is my new spirit animal

Jessica Simpson knows how to party, even if it's during a live broadcast on the Home Shopping Network while she's trying to move some units of Jessica Simpson "Kiss Me" Super Skinny Gray Jeans. Simpson has been drawing cries of "she's drunk!" after her latest spectacular HSN appearance, and for good reason. She's silly and slurry and rambling and cannot stop moving every single part of her body. Seriously, it's like she's actually just a giant Jessica Simpson suit being operated by a bunch of hamsters whose internal communication system has broken down. (Also, for the record, I would totally watch that movie.) But according to good old TMZ, Simpson was not soused. "Giggling and slurring is just part of her personality that surfaces from time to time," the source says. Sure, of course. I'd imagine that "time to time" coincides with instances of her shouting, "OMG we should get cheese fries!" Been there, sister.

# Colin Hanks knows a thing or two about family

**Interview.** The actor returns to TV in the CBS sitcom "Life in Pieces."

Colin Hanks isn't coasting on his famous last name. After a turn in last year's much loved "Fargo" adaptation on FX, the actor is back on TV again this fall. This time, there will be significantly less murder involved. He joins an impressive ensemble on the sitcom "Life in Pieces," which tells the story of a family through vignettes about each member, from three siblings all in different life stages to their parents celebrating their golden years. Hanks plays Greg, whose wife is giving birth to their first child.

"Life in Pieces" premieres tonight at 8:30 on CBS. / RICHARD CARTWRIGHT; GETTY IMAGES

**Your last show was more dramatic. Were you looking for something a little lighter?**
It wasn't necessarily a question of lighter or darker, it was just finding the right project. I waited a good seven years for something like "Fargo," and then they created something called an anthology series, and then you only get one year. Really it was about finding something engaging and interesting, and the premise of how we tell the story every week with life in pieces, that was really interesting. So it's actually just as much a shock to me as it is anyone else. I really did not think I'd be on a network comedy after "Fargo." But I'm happy to do so.

**So was it a right project, right time situation?**
For me, it was just all about trying to find something that was exciting and interesting. The fact that it's a family comedy, but it's told in a really unique way that no other show is doing, was really just too good to pass up. Because that's the other thing with pilot seasons — you never really know. These things come to you, and you wanna say, "I'm gonna hold off for some show" — and it was so early on that just based on the show and the script, I said yes. I just thought that the writing was so great and the premise was so good.

**A lot of shows would tell the story of a couple from courtship through to parenthood, but your story jumps right in at parenthood. Did you like that aspect?**
It's not only that — I think there's also something to be said about the fact that we're not filling 22 minutes about new parents. It's really four, maybe five minutes. And even then, it's really still more about the couple than it is about the baby. And so I found that the fact that we get to have these short stories, each one with a beginning, middle and end, it seems it makes things a lot more palatable. You're able to tell proper stories with a beginning, middle and end as opposed to stretching stuff out.

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**Co-stars**

## Working with a legend

**James Brolin, who plays your father, is kind of Hollywood royalty. Does he have a ton of great stories?**
There's so many already, and we've only shot the pilot. I'm chomping at the bit waiting for more. ... It's kind of just like, "pull up a seat."

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# Johnny Depp: Not quite the bad guy

**Film.** The star of "Black Mass" didn't want his version of "Whitey" Bulger to be simply "devilish."

In "Black Mass," Johnny Depp transforms himself into the vampiric visage of Boston crime lord James "Whitey" Bulger. / WARNER BROS. PICTURES

Johnny Depp has transformed into many odd characters over the years but none quite so unnerving as James "Whitey" Bulger in the new movie "Black Mass." Depp, who plays the convicted murderer and crime boss of the Boston Irish mob called the Winter Hill Gang, wanted to give an unbiased representation of the still-feared '70s killer. The actor, speaking at a news conference, explains how he got into the skin and mindset of Bulger.

## On doing his thing

"Since I was about 19 years old, I've only relied on the work that interests me. That's all that concerns me. And look what you get with 20 years of failure."

## Leaving behind roles

"Once I finish a movie, I say goodbye to the character and look forward."

## On transforming into characters

"Obviously, when you get a fictional character, you can take him to very strange places, and that is something that burned me quite a bit. But when I have to play a person who really existed or still exists, I feel much more responsibility on my shoulders. No matter if he's good or bad, the responsibility exists because it's a life. And that responsibility tells the truth on some level."

## Becoming 'Whitey' Bulger

"It was very important to find the real James Bulger. I also have to say that I have been working with the same makeup artist for years, Joel Harlow, and he is brilliant because he managed to place a sculpture of Bulger on my face. Of course, we went through five or six different tests until we finally got it. It may have been bad for production and for whoever is putting down the money because it meant we had to be in the makeup room for a couple of hours every day."

## Meeting the real people (but not Bulger)

"I actually contacted Bulger's lawyer, Jay Carney, asking for the opportunity to meet Bulger to hear his version of the facts, because when I did the 'Donnie Brasco' story, I was fortunate to spend some time with Joe Pistone and was able to make many changes in the script that were not even remotely true. And with Jimmy Bulger, I don't know what could have happened, because a week after my request, I got a message from Carney saying that Jimmy respectfully refused my request because he was not a big fan, as you can imagine, of any of the books that tell his story."

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One more thing

## Not judging

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"My intention wasn't ... to create someone devilish because I don't think any of us are. Occasionally, you might get up in the morning and think this is a horrible person while you're brushing your teeth, but I faced it as a multifaceted human being with a human side that also had his business. As we all know, there are certain businesses whose language is pure violence. And that's the only way I saw it."

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# The Decemberists are in it for the long haul

**Interview.**
A new EP is just a sign of how much material the group can still draw from these days.

To call the Decemberists prolific is an understatement. The group has been steadily putting out their own particular brand of indie pop for over a decade. And now, following the release of this year's "What a Terrible World, What a Beautiful World," they'll also be releasing an EP of leftover songs from the process called "Florasongs," out Oct. 9.

"We went in to record this record and didn't have a clear picture of what it would be. So much of our lore and our album-making history became albums that were very focused on themes, just to sort of focus us," explains Chris Funk, who plays a range of stringed instruments for the group and was a founding member alongside lead singer Colin Meloy. "I often call it a sort of greatest hits sound of the Decemberists. I can point to every record in our history and say that comes from here, that comes from there — which is refreshing because it just means we have arrived at a sound."

Of course, not having a uniting principle meant that a bigger quantity of songs might be considered for the album. "We discussed just putting it all out and giving people what they wanted as a double album," says Funk. "But we still think of how we market ourselves as albums, even though it's a singles-driven world these days, at times."

With that in mind, he says, "We wanted to rein it in to one record, and that being 'What a Terrible World, What a Beautiful World,' we had to chop away some songs. These are those [songs]."

See the Decemberists on Sept. 24 at the Capitol Theatre in Port Chester and on Sept. 25 at Radio City Music Hall in New York. Head to www.ticketmaster.com for more info. / AUTUMN DEWILDE

The result is the five-song "Florasongs." But don't go thinking that just because these songs didn't make the first cut, there's anything wrong with them.

"Often, you get to hear outtakes, and people are like, these are a kind of a peek behind the curtain of the ones that aren't as good as the album," says Funk with a laugh. "I think we're just as proud of these songs."

Given the huge wave of indie bands that hit it big in the early 2000s, the Decemberists stand out for their longevity.

While many of those bands flamed out after a few albums, the group has managed to make it last for some pretty simple reasons. "I think we're good communicators, and we're good friends, and we're good working partners, and it makes for a good recipe to have longevity," explains Funk.

LISA WEIDENFELD
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lisa.weidenfeld@metro.us

**Skill sets**

## One-man orchestra

Funk calls himself "a folk nerd that happened to join a rock band," and he's become a jack of all trades for the group, playing a huge range of instruments: "It's almost novel for me to play the electric guitar."

He says his interest in being a multi-instrumentalist is pretty long-standing. "I had a job at a folk music store in Indiana where I grew up. I would sit around and play a bunch of instruments all the time. I think that's where my real interest in stringed instruments and stringed instrument diversity came up," Funk explains. And did that mean he was playing more than he was selling things? "I think I was at the time. Fortunately, the shop is still open," he admits.

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# metro.us/horoscopes

**Aries** Put love high on your list. Don't hesitate to call in a favor. Ask about getting a raise or promotion, or apply for a new position.

**Taurus** You will feel restless. Timely advice from a close friend or relative will help steer you back to your original plans.

**Gemini** Not everyone will share your sense of humor. An offhand remark will be hurtful if it's misinterpreted. Do your best to be thoughtful.

**Cancer** Someone in the workplace will try to damage your reputation. Don't get involved in gossip. Let your work speak for itself.

**Leo** Lighten up and have some fun. Someone you haven't thought much about will turn out to be a better friend than anticipated.

**Virgo** Someone having a tough time will appreciate your help. Offer comfort and suggestions, but be careful not to take on troubles that aren't yours.

**Libra** A chance to travel or learn something new is evident. The experience you gain and the acquaintances you make will give you insight.

**Scorpio** You will hit a roadblock, but with careful maneuvering you will outperform the competition. Money matters look promising.

**Sagittarius** You will get a clearer picture of what's going on around you if you are patient. Listen and observe, but don't disclose your own agenda.

**Capricorn** Deception is evident. Don't take what others say at face value. This can be a prosperous time for you if you focus on contracts.

**Aquarius** You have so much to offer. Join forces with other volunteers at your local food bank or community charity in order to boost your self-esteem.

**Pisces** An old friend will provide valuable insight into a situation you are facing. Someone you were counting on will let you down. **EUGENIA LAST**

# metro.us/crossword

**Across**

1 Close violently
5 Phone button
8 Urgent message
12 Parking lot fillers
14 Jealous goddess
15 Foretelling
16 Pleasure boat
17 MIT grad
18 Ride the rapids
19 Greedily
21 Hay trough
23 Suffix for hero
24 Wyo. clock setting
25 Before, to Keats
26 Hurts a little
30 Very funny people
32 Twig junctures
33 Step forward
37 Fragrance
38 Dracula's title
39 Eight, to Caesar
40 Michigan mascot
42 Queen's truck
43 Investment return
44 Treasures
45 Air-traffic org.
48 Charlotte of "Bananas"
49 Ad — committee
50 Kind of potato
52 Gift ties
57 Story opener
58 Gotcha! (2 wds.)
60 Dig in (2 wds.)
61 Galaxy unit
62 Furniture movers
63 Likewise
64 Hunt and peck
65 When Paris sizzles
66 Oaf

**Down**

1 Door frame
2 Corker
3 Nefertiti's god
4 Kind of synthesizer
5 Gainsay
6 Foot-pound relative
7 Exhausts the soil (2 wds.)
8 Tattered
9 Mind's-eye view
10 Send to a specialist
11 — nous
13 Bits of mistletoe
14 Mr. Sulu's place
20 Soyuz destination
22 Envelope abbr.
24 Mr. Pim's creator
26 Blizzard maker
27 Hubbub (hyph.)
28 Elvis, to some
29 Offensively bold
30 Boxer's three minutes
31 Happy-hour perch
33 Thin material
34 Pale brown
35 Be, to Henri
36 Orbison and Rogers
38 Outside the box
41 Limerick locale
42 Fell short
44 Swear solemnly
45 Cold snap
46 Daddy's sis
47 Showbiz org.
49 Chops weeds
51 Bone-dry
52 Nota —
53 Hammer target
54 Mr. Preminger
55 Ballet wear
56 Locate
59 Grabbed a chair

For crossword answers, go to **metro.us/crossword-answers**

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**easy**

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|---|---|---|---|---|---|---|---|---|
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| 8 | 3 | 2 | 4 | | | | | |
| | 9 | | 6 | | 8 | | | 1 |

**hard**

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| 4 | 6 | | 5 | | 1 | | 2 | 8 |
| | | 3 | | | | 6 | 4 | |
| | 4 | | 9 | | | | | 3 |
| 6 | 3 | 1 | | | | 5 | | |
| 5 | | | 8 | | | | | |

# metro.us/quiz

## How Well Do You Know Kevin Hart?

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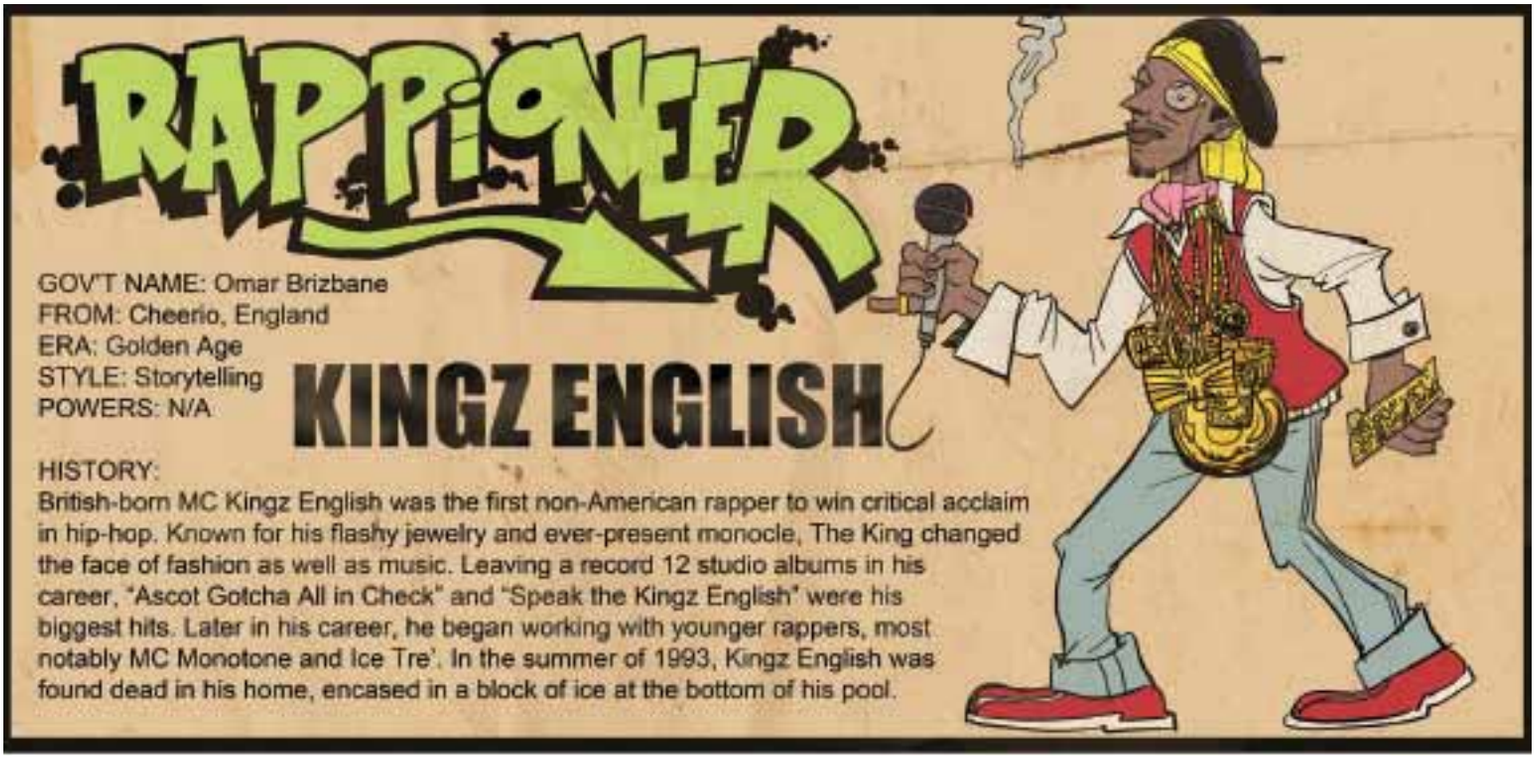
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FROM: Cheerio, England
ERA: Golden Age
STYLE: Storytelling
POWERS: N/A
KINGZ ENGLISH
HISTORY:
British-born MC Kingz English was the first non-American rapper to win critical acclaim in hip-hop. Known for his flashy jewelry and ever-present monocle, The King changed the face of fashion as well as music. Leaving a record 12 studio albums in his career, "Ascot Gotcha All in Check" and "Speak the Kingz English" were his biggest hits. Later in his career, he began working with younger rappers, most notably MC Monotone and Ice Tre'. In the summer of 1993, Kingz English was found dead in his home, encased in a block of ice at the bottom of his pool.

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# Don't know what to study? Try *manufacturing*

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HOW TO GET AHEAD

Manufacturers need employees, and they're creating incentives for high school and college students.

When 17-year-old Brian Dardon told his mother he wanted to pursue a career in manufacturing, she was full of apprehension.

But then Brian took an internship at local manufacturer Engis Corporation, where he was asked to brainstorm how to fill customer orders. His mother now sees that an industrial job can offer a "creative outlet for his talents."

Brian's school district offers a manufacturing program with companies in the Golden Corridor, a long strip rich in manufacturers that runs through Chicago's northwestern suburbs. He now plans to go to college to pursue qualifications that will prepare him for a career in manufacturing.

The future of manufacturing in the U.S. will largely be shaped by the strength of the U.S. dollar, energy costs and the outcome of trade deals. But companies face a human challenge too: how to recruit young Americans to replace the millions of Baby Boomers retiring over the next decade.

From January to June of this year, the manufacturing sector averaged 68,000 unfilled jobs per month.

Industry executives also have to overcome the doubts of parents, who have watched manufacturers lay off U.S. workers and ship their jobs overseas for decades.

"Convincing parents that manufacturing is not just a dirty, dying business … is a major challenge we face," says Dick Gilchrist, chairman of the U.S. division of Felsomat, a German company that makes assembly line machinery for automakers such as General Motors and Ford.

Gilchrist recruits at area high schools and hosts open houses for kids and parents where he extols training programs paid by employers and job guarantees. It beats spending tens of thousands of dollars on a four-year college degree, he says, only to see their child work as a barista.

Overall, the number of manufacturing jobs in the U.S. is still 15 percent below prerecession 2005 levels. But advocates of manufacturing training say there is an impressive growth opportunity for skilled workers, such as "computer numerically controlled machine tool programmers."

Christian Reyes, an 18-year-old with an interest in electronics, says neither he nor his Mexican-born parents imagined he would veer toward manufacturing.

"We always figured you go to college to study to become a doctor or a nurse," says Reyes.

On the recommendation of a high school teacher, Reyes took an internship at Felsomat during his senior year.

Felsomat hired Reyes after graduation, and he is now working toward a three-year degree in manufacturing at Harper College, which resuscitated a dormant manufacturing course in 2012 at the urging of local companies.

Career Academy, a public charter school located in South Bend, Indiana, also works with manufacturers to offer manufacturing and engineering courses.

For Ethan Wierenga, 15, Career Academy tailored a curriculum to his skills and recommended he also learn welding, an in-demand skill he could fall back on if he were ever to be unemployed.

Wage prospects for these new industrial workers might improve, too. Doug Porter, chief economist at BMO Financial Group, says employers will have to raise pay more to find the workers they want. The average pay for machine tool programmers has only risen 8 percent since 2008, just before the Great Recession took hold.

"There may be some areas where there are labor shortages," Porter says. "But I am confident the market will adjust to meet demand." REUTERS

## By the numbers

Nationwide, the number of apprentices fell more than 40 percent from 2007 to 2013, to under 300,000, according to government data. But then it rose around 10 percent in 2014 when, in a rare act of bipartisanship, Congress passed the Workforce Innovation and Opportunity Act, which provides $3 billion a year for training programs.

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# How to study for the GMAT

Three tips that will help you prepare for the big test.

RAQUEL LANERI
@RaquelLaneri
raquel.laneri@metro.us

While writing a killer admissions essay may help you stand out from the pack, in order to even be considered as part of the pool of eligible MBA candidates, you need a good GMAT score.

"The GMAT scores are an excellent predictor of success in business school," says Bob Alig, executive vice president of school products at the Graduate Management Admission Council.

"It's a quality benchmark, the starting point to your business career. And a school typically has a range of scores that they accept."

The GMAT consists of a quantitative section; an integrated reasoning section, which helps students demonstrate that they can analyze and synthesize different information and data; a verbal section; and an essay. And — no matter how good of a test-taker you are — it demands preparation. Here's how to do it.

## Choose the right book

There are dozens of study guides out there — and you can't do all of them. Alig recommends sticking to official books and tests, such as from GMAT or Princeton Review, to guide your preparation.

## Strategize

Don't wait until the last minute. Start studying about six weeks before you plan on taking the exam. Set aside 30 minutes every evening (or morning if that's how you roll) to devote yourself to prep, and at the end of the week take a practice test to track your progress.

## Use a timer

On the big day, you won't have five minutes to work out some algebra equation. When doing your practice tests, use a stopwatch. Don't spend more than two minutes per problem.

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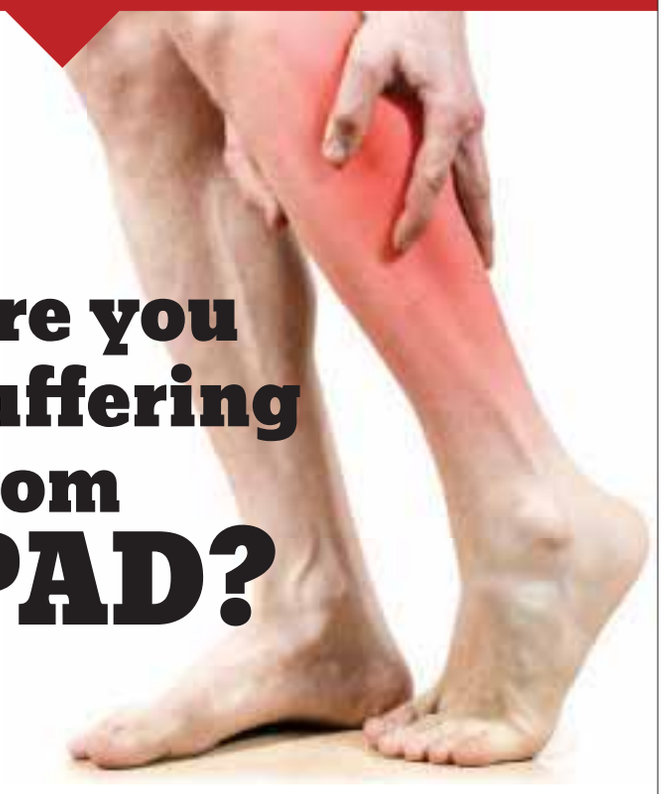

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- ☑ Slower growth of your toenails
- ☑ Shiny Skin on your legs
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| • Quick books | SAT | 10/3-11/21/15 | 10am-1pm |
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| • Security Guard 8-hour Course | | 10/03/15, 10/24/15, 11/14/15 | |
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| • C.N.A. Morning | M-TH | 10/05-11/18/15 | 9am-2pm |
| • Phlebotomy | M-TH | 10/19-12/02/15 | 6pm-9pm |
| • EKG Technician | SAT | 10/3-12/12/15 | 10am-1pm |
| • EKG Technician | T, TH | 10/13-11/12/15 | 6pm-9pm |
| • Dental Assistant | M, W | 10/5-1/27/15 | 6pm-9pm |

**Children's Programing**

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| • College for Kids | SAT | 10/3-11/21/15 | |

**Education & Language Skills**

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|---|---|---|---|
| • English Links/Inglés Intensivo | M-FRI | 10/05-12/16/15 | 9am-1:30pm |
| • English Links/Inglés Intensivo | SAT | 10/10-12/05/15 | 9am-2pm |
| • ESL/Inglés como Segundo Idioma | M, W | 10/05-12/14/15 | 6pm-9pm |
| • ESL/Inglés como Segundo Idioma | T, TH | 10/06-12/15/15 | 6pm-9pm |
| • HSE English | T, TH | 10/6-1/12/16 | 9:30am-12:30pm |
| • HSE English | T, TH | 10/6-1/12/16 | 6pm-9pm |
| • HSE Spanish | M, W | 10/5-1/11 | 9:30-12:30pm |
| • HSE Spanish | M, W | 10/5-1/11 | 6pm -9pm |

**Enrichment Program**

| | | | |
|---|---|---|---|
| • Actuacion para Cine | TH | 10/1-12/10/15 | 6pm-9pm |
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# Is technology killing our attention spans?

Work email, social media and our multitasking lifestyle are wrecking productivity and relationships.

WANISE MARTINEZ
MWN
letters@metro.us

Emails, social media and apps: They keep us connected to our friends and news events happening worldwide. But they also provide an ongoing distraction from work commitments and family obligations — and it's only getting worse.

Gloria Mark, a researcher from the Department of Informatics at the University of California, Irvine, believes digital activity like text messages and social media notifications can significantly reduce our ability to focus on individual tasks, affecting performance at work, behavior and stress.

"In our digital age, we can communicate, access, create and share an abundance of information effortlessly, rapidly and nearly ubiquitously," she says. "The consequence of having so many choices is that they compete for our attention, so we're continually switching our attention between different types of information while doing different types of tasks."

Emailing is an "epidemic" in the workplace. ISTOCK

## Multitasking

A decade-long report led by Mark on a group of American IT workers found that increasing social media usage corresponds with shrinking attention spans.

In her experiment, Mark asked those surveyed to work and use applications from two computer screens. In 2004, the subjects switched their attention from one screen to the other, on average, every three minutes. In 2014, that average was 59.5 seconds.

Mark concluded that the more time people spend switching screens — between pages like Facebook and Tumblr or checking notifications from games or apps — the less productive they feel at the end of the day.

## Emailing

Workers are also losing what is called "face-to-face interaction." This personal interaction is being eroded by an "epidemic" of emails between employees.

"Although messages and especially emails are an important part of everybody's working life, it may be hindering our productivity in a number of ways," says Cary Cooper, professor of organizational psychology and health at the University of Manchester.

"First, because people in the same building are sending emails and reducing the real interaction, which undermines team building. Second, colleagues are cc'ing too many other colleagues on email and overloading them so that it prevents them from getting on with their work.

"And of course," he adds, "there are the personal emails and messages that we get all the time."

Cooper believes that we need to switch off to recover from the constant pace of workload. "Employees need to spend time with their families and friends and not to be in work mode all the time, receiving stuff by their smartphones. It not only will make them less productive, but it'll also damage their health and relationships."

## Smart usage

For Denis Gabos, professor of technology at Senac University in Sao Paulo, people simply need to start using things in a more conscious way.

"You can, for example, adopt apps and tools that will really help you during the day, in your tasks — like agendas and spreadsheets," Gabos says. "The use of social networks also must be done with awareness."

Adds Jim Macnamara of Sydney's University of Technology: "For me, education is always a key to change and improvement. People need to be made aware of the dysfunctions, risks and problems that arise from new technologies as much as the benefits."

### How to have a healthy relationship with your phone

- If you're busy, you don't have to answer all messages now. Be conscious about it!
- Before downloading an app, take time to read about it. Sometimes, we just download them, and they disturb our routine more than they help us.
- Do not cc work colleagues on emails unless they are directly involved with them.
- Emails and messages about work don't have to be sent at night or on weekends unless they're absolutely necessary.
- Use social media to keep up relationships but focus on the importance of face-to-face.

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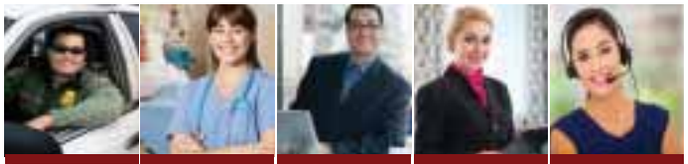
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# Namath impressed by the play of Fitzpatrick

**NFL.** Jets legend Joe Namath is a fan of the Jets' new signal caller.

Ryan Fitzpatrick threw a pair of touchdown passes against Cleveland in Week 1. / GETTY IMAGES

Ryan Fitzpatrick sparkled in his New York Jets debut last week, leading the way to an impressive 31-10 win over the Cleveland Browns. And in the eyes of the best quarterback in franchise history, the presence of Fitzpatrick was evident as he watched the game.

Joe Namath, the only man to quarterback the Jets to a Super Bowl, watched last Sunday's win from his home in Florida, but even from a distance he sensed the veteran's poise. Fitzpatrick completed 62.5 percent of his passes for 179 yards with two touchdowns and an interception. Not gaudy numbers by any stretch but it was good, solid quarterbacking.

"I felt his demeanor, I felt him be calm, cool and collected," Namath told Metro. "I felt, watching him, I felt the years of experience he has and the way he was conducting himself out there. Any control of himself, running the game, running the show, not getting carried away with things. Keeping his poise, really keeping his poise.

"I did see him getting excited — of course — we all do. I really liked the way he maintained his poise. There's a confidence about his ability to put the team in the right position. If it's a different play, a different look from the defense, you know he can handle it with his experience."

Namath liked Fitzpatrick's ability to make smart decisions, not surprising he says given that the Jets quarterback is a Harvard graduate.

"The Alabama of the northeast," Namath joked, regarding his alma mater.

Fitzpatrick also showed good arm strength, something that was a bit of a surprise to most observers of the Week 1 game. One of the knocks on Fitzpatrick was that his ability with the deep ball was average at best. Yet last Sunday he threw down the field well, a part of his game that is evolving now in his eleventh season. Namath didn't just see arm strength on display, he saw accuracy in the deep ball.

"He's great at the controls as far as running the offense and seeing the defense. And he was throwing some strikes. The velocity on the ball looked pretty good," Namath said. "There's a difference between throwing a bomb and [then] putting it on the clothesline on a post-pattern to the outside — he was doing that."

**Joe knows tailgate**

**Joe Namath on a good tailgate:**

- Plan on arriving at your venue 3-4 hours prior to game time.
- Pack frozen water bottles in place of ice. It will keep your food cool and you can use for drinking later.
- Do all food prep the night before.
- Use a toolbox or storage container for all of your tailgating utensils.
- As for the yummy stuff, Namath has gotten on board with tailgating via the Namath Rapid Cooker (available at Namathgrill.com). He likes the Namath Rapid Cooker not just for tailgates but around the house. It has nine different heat zones and is perfect for some of Broadway Joe's favorites, including his "Namath Steaks," available at Namathproducts.com.

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3 SPORTS

NFL

## Jets set for Colts

**The Jets will face an angry Colts team Monday (8:30 p.m., ESPN). Indy looks to regain their status as one of the NFL's elite teams — a week after losing to Buffalo. Jets running back Chris Ivory, cornerback Antonio Cromartie and Colts wide receiver T.Y. Hilton were all listed as questionable for the Week 2 showdown.**

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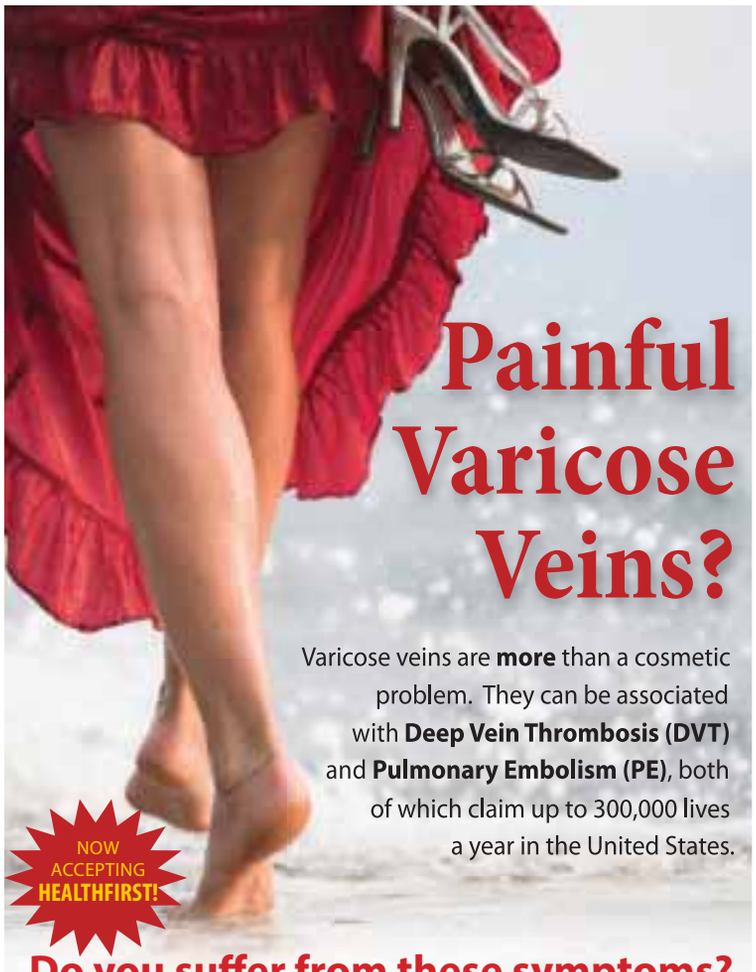
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Atlanta's Leonard Hankerson finds the end zone in the fourth quarter Sunday at MetLife Stadium.
GETTY IMAGES

# More failure in the fourth

**NFL.** Giants again struggle late, drop to 0-2 after Sunday's loss to Atlanta.

The Giants were once again a few minutes away from earning a win, and for the second-straight week they managed to let victory slip away — this time dropping a 24-20 decision to the Atlanta Falcons.

The Giants (0-2) failed to exorcise last Sunday's demons, as they doomed themselves with another crushing defeat. The Falcons (2-0) stole the win after capitalizing on a conservative Giants second-half offense that failed to put away the game when presented with the opportunity. Too many times, the Giants failed to take advantage of a stagnant Falcons offense that was Julio Jones-dependent.

Eli Manning was statistically exceptional (27 of 40, 292 yards, and two touchdowns), but on back-to-back occasions, he missed wide-open targets (tight ends Larry Donnell and Jerome Cunningham) on second and third downs, respectively.

**1 Little, big things**
In Atlanta's game-winning drive, Matt Ryan connected with Jones on a 37-yard fade down the sideline, putting the Falcons on the Giants' 1-yard line with 1:46 remaining. Atlanta punched it in two plays later when Devonta Freeman scored on a run. The Jones catch was troubling as cornerback Prince Amukamara was lined in tight man coverage, but gave Jones a free release down the sidelines. Manning was also a culprit when he fumbled after being sacked on the Falcons' 9-yard line, as New York was poised to really put some distance on the scoreboard late in the third. The offense also self-destructed when it converted on fourth-and-2 from the Atlanta 15, but it was nullified when wideout Dwayne Harris was called for illegal motion. Big Blue had to settle for a short field goal. New York's defense also had a difficult time getting off the field on third down.

**2 Not enough 'O'**
For the second straight week, the highlights failed to outweigh the lowlights. But if it's any consolation, wideout Odell Beckham Jr. is every bit as good as any offensive player in the league. Beckham statistically went toe-to-toe with Jones (13 catches for 135 yards) as he scorched the Falcons' secondary for seven receptions, 146 yards, and a touchdown. However, he only registered one catch for seven yards in the second half.

**3 Running down the drain**
The Giants' running game continues to disappoint, as it culled just 97 yards. When Manning is the team's second-leading rusher, there's a problem.

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# Pats rip Buffalo's 'D,' Saints are upset

**NFL.** The Bills, 49ers, Saints and Titans got a reality check in Week 2.

New England's Julian Edelman lunges toward the end zone Sunday. / GETTY IMAGES

New England poured it on early and then survived a furious Buffalo comeback attempt in a 40-32 shoot-out to move to 2-0 on the season. Tom Brady threw for 466 yards and three touchdowns to give him seven scores and zero interceptions through two games.

**Steelers 43, 49ers 18**
Ben Roethlisberger (21 for 27, 369 yards, 3 TD) and Antonio Brown (nine catches for 195 yards and a touchdown) took apart San Francisco through the air for an easy victory despite Colin Kaepernick (33 for 46, 335, 2 TD) putting up big numbers of his own.

**Buccaneers 26, Saints 19**
Tampa Bay recovered from last week's brutal game against Tennessee to upset the Saints, favored by 10 points heading into the game. Jameis Winston threw and ran for a score and the Tampa defense forced three turnovers and held Drew Brees to just 255 yards on 38 passing attempts.

**Redskins 24, Rams 10**
One week after upsetting the Seahawks, the Rams were upset themselves on the road in Washington. Pre-season sensation rookie running back Matt Jones had a coming out party for the Redskins, with 123 yards and two touchdowns on the ground and Kirk Cousins was suddenly efficient, completing 23 of 27 passes for 203 yards and a score.

**Bengals 24, Chargers 19**
The Bengals overcame two Jeremy Hill fumbles thanks to three take-aways and three passing touchdowns from Andy Dalton to three different receivers. Giovani Bernard added 123 yards on the ground. Philip Rivers (21 for 27, 242, 2 TD, INT) couldn't pull off his second comeback victory in as many weeks.

**Browns 28, Titans 14**
It was deja vu for Browns fans as Johnny Manziel began this game exactly like his last, with a 60-yard touchdown pass to Travis Benjamin. But this game progressed much better than a week ago, as the Browns built on their momentum and held on for the win. Marcus Mariota came back to Earth a bit, throwing two touchdowns but also fumbling three times on the day.

LUKE MILLER
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**Around the NFL**

Scores from Week 2:

- **Panthers 24, Texans 17:** Cam Newton threw two touchdown passes and ran for another.
- **Cardinals 48, Bears 23:** Arizona's David Johnson had a 108-yard kickoff return for a TD.
- **Vikings 26, Lions 16:** Adrian Peterson had 192 total yards and Teddy Bridgewater scored a TD both passing and rushing.

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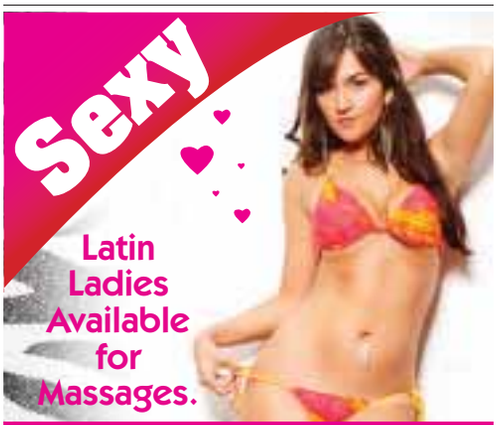


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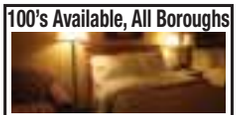

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## LEGAL NOTICES

**NOTICE OF FORMATION** of Phoenix Investigative Network LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 08/19/2015. Office location: Kings County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 2983 Bedford Ave., Brooklyn, NY 11210. Purpose: Investigations and Security.

**NOTICE IS HEREBY GIVEN** that a license, Number Pending, for Beer & Wine has been applied for by the undersigned to sell Beer& Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 192 Bedford Ave., Brooklyn, NY, for on-premises consumption. Mizu Sushi NY Inc.

**NOTICE IS HEREBY GIVEN** that a license, Number 1288218, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law, at 1641 Second Ave., New York, NY 10028, for on-premises consumption. Tequila Gastropub LLC.

**NOTICE OF FORMATION** of 1368 Perfect LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 01/12/2015. Office location: Kings County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 7607 18th Ave., Brooklyn, NY 11214. Purpose: any lawful activity

**NOTICE IS HEREBY GIVEN** that a license, Number 1281590, for a Class Change from a Restaurant Wine & Beer license to a On Premise Liquor license, Number Pending, has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at: 483 Columbus Ave., New York, NY 10024, for on premise consumption. LVSS Inc. d/b/a Bellini.

## LEGAL NOTICES

**NOTICE IS HEREBY GIVEN** that a license, Number Pending, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 33-14 Francis Lewis Blvd, Flushing, NY 11358 for on-premises consumption. Ginpachi Corporation.

**NOTICE IS HEREBY GIVEN** that a license, Number TBA, for Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Contrl Law at John F. Kennedy International Airport, Terminal 4, Room 461.010 Jamaica, NY 11430, for on-premise consumption. Etihad Airways.

**NOTICE IS HEREBY GIVEN** that a license, Number 1288795, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 450 Amsterdam Ave. New York, NY 10024, for on-premise consumption. Gumbull LLC.

**NOTICE OF FORMATION** of PRCD Ventures LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 05/27/2015. Office location: Nassau County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 805 Home Street, Elmont, NY 11003. Purpose: Real Estate.

**NOTICE IS HEREBY GIVEN** that a license, Number 1287110, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 550 3rd Ave., Brooklyn, NY 11215, for on-premises consumption.Surfish Bistro II, Inc.

**NOTICE OF FORMATION** of Michaelangelo Enterprises, LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on July 9, 2015. Office location: Queens County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 109-01111th Street, South Ozone Park, NY 11420. Purpose: Real Estate investments.

**NOTICE IS HEREBY GIVEN** that a license, Number 1285717, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law, at 19-81 MacDougal Street, New York, NY 10012, for on-premises consumption. Dante Grove St LLC.

**NOTICE OF FORMATION** of VIP REI LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on July 9, 2015. Office location: Queens County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 109-01 111th Street, South Ozone Park, NY 11420. Purpose: Real Estate investments.

**NOTICE IS HEREBY GIVEN** that a license, Number 1287973, for Beer, Liquor & WIne has been applied for by the undersigned to sell Beer, Liquor & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 1780 Amsterdam Ave., New York, NY 10031, for on-premises consumption. Parlay Cafe Corp.

**NOTICE IS HEREBY GIVEN** that a license, Serial # 1288931, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 111 East 7th Street, NY, NY 10009. New York County, for on premise consumption. Virgola 2 LLC.

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